

# Cooking Macaroni, Noodles, and Spaghetti

Grains/Breads

B-02

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Boiling water		3 gal		6 gal	1. Add salt to boiling water.
Salt		2 2/3 Tbsp	3 1/2 oz	1/3 cup	
Macaroni OR	2 lb 10 oz		5 lb 4 oz		2. Slowly stir in macaroni, noodles, or spaghetti until water boils again.
Noodles OR	2 lb 8 oz		5 lb		
Spaghetti	3 lb 1 oz		6 lb 2 oz		
					3. Cook uncovered until tender-firm, about 8 minutes for macaroni, 6 minutes for noodles, and 10 minutes for spaghetti. DO NOT OVERCOOK.
					4. Drain well.
					CCP Hold for hot service at 140 degrees F or higher. OR CCP Cool to 70 degrees F within 2 hours and from 70 degrees F to 41 degrees F or lower within an additional 4 hours.

SERVING:	YIELD:	VOLUME:
1/2 cup provides 1 serving of bread alternate	<b>50 Servings:</b> about 1 gal 1 1/2 qt	<b>50 Servings:</b>
	<b>100 Servings:</b> about 2 gal 3 1/4 qt	<b>100 Servings:</b>

# Cooking Rice (Oven or Steamer)

Grains/Breads

B-03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Do not rinse enriched rice.
White Rice Long Grain (regular or parboiled)	2 lb 13 oz	1 3/4 qt	5 lb 10 oz	3 1/2 qt	2. Place rice in steam table pans (12" x20" x2 1/2"), no more than 3 lb per pan.
Medium Grain					
Salt		2 tsp		1 1/3 Tbsp	3. Add salt to boiling water; pour over rice, 1 qt per lb of rice.
Boiling water		2 3/4 qt		1 gal 1 1/2 qt	
					4. Cover pans tightly.
					5. Bake at 350 degrees F or steam at 5 lb pressure for 25 minutes.
					6. Remove from oven or steamer.
					CCP Hold for hot service at 140 degrees F or higher. OR CCP Cool to 70 degrees F within 2 hours and from 70 degrees F to 41 degrees F or lower within an additional 4 hours.

## Special Tips: Cooking Brown Rice

For 50 Servings, use 2 lb 10 oz brown rice and 2 qt 2 1/2 cups boiling water.  
Cover and bake at 350 degrees F or steam at 5 lb pressure for 50 minutes.

For 100 servings, use 5 lb 4 oz brown rice and 1 gal 1 3/4 qt boiling water.  
Cover and bake at 350 degrees F or steam at 5 lb pressure for 50 minutes.

# Baking Powder Biscuits

Bread

Grains/Breads

B-04

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	3 lb	2 3/4 qt	6 lb	5 1/2 qt	1. Blend flour, dry milk, baking powder, and salt in mixer for 1 minute at low speed.
Noninstant, nonfat dry milk OR	3 oz	1/2 cup 2 Tbsp	6 oz	1 1/4 cups	
Instant nonfat dry milk	3 oz	1 1/4 cups	6 oz	2 1/2 cups	
Baking powder	2 3/4 oz	1/4 cup 3 Tbsp	5 1/2 oz	3/4 cup 2 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Shortening	11 1/2 oz	1 3/4 cups	1 lb 6 1/2 oz	3 1/2 cups	2. Add shortening and blend into dry ingredients for 2 minutes at low speed. Mixture will be crumbly.
Cold water		3 3/4 cups		1 qt 3 1/2 cups	3. Add water and mix on low speed for approximately 1 minute to form soft dough. Scrape bowl as necessary during mixing.
					4. Turn out onto lightly floured surface. For 50 servings, knead ball of dough lightly for 1 minute. For 100 servings, divided dough in half and knead each half lightly for 1 minute.
					5. Roll or pat out each ball of dough to 1/2" thickness. Cut with floured 2 1/2" biscuit cutter and place on sheet pan (18" x26" x1") in rows of 10 down and 5 across. For 50 servings, use 1 sheet pan. For 100 servings, use 2 sheet pans.
					6. Bake until lightly browned: Conventional Oven: 450 degrees F, 12-14 minutes Convection Oven: 400 degrees F, 8-10 minutes

SERVING:	YIELD:	VOLUME:
1 biscuit provides 1 1/2 servings of bread	<b>50 Servings:</b> 50 2 1/2 inch biscuits	<b>50 Servings:</b>
	<b>100 Servings:</b> 100 2 1/2 inch biscuits	<b>100 Servings:</b>

Variations:

A. Baking Powder Biscuits (using Master Mix)

50 servings: Omit steps 1 and 2. Use 3 lb 12 oz (3 qt) Master Mix. Continue with steps 3-6.

# Baking Powder Biscuits

Bread

Grains/Breads

B-04

100 servings: Omit steps 1 and 2. Use 7 lb 8 oz (6 qt) Master Mix. Continue with steps 3-6.

## B. Cheese Biscuits

50 servings: Follow steps 1 and 2. In step 3, add 12 oz (3 1/2 cups) shredded cheddar cheese to soft dough. Mix lightly to distribute cheese. Continue with steps 4-6.

100 servings: Follow steps 1 and 2. In step 3, add 1 lb 8 oz (1 3/4 qt) shredded cheddar cheese to soft dough. Mix lightly to distribute cheese. Continue with steps 4-6.

## C. Drop Biscuits

50 servings: Follow steps 1 and 2. In step 3, use 1 qt 3/4 cup cold water. Omit step 4. In step 5, portion with level No. 16 scoop (1/4 cup) onto 1 sheet pan (18" x26" x1") in rows of 10 down and 5 across. Continue with step 6.

100 servings: Follow steps 1 and 2. In step 3, use 2qt 1 1/2 cups cold water. Omit step 4. In step 5, portion with level No. 16 scoop (1/4 cup) onto 2 sheet pans (18" x26" x1") in rows of 10 down and 5 across. Continue with step 6.

## D. Wheat Biscuits

50 servings: In step 1, use 2 lb 4oz (2 qt) all-purpose flour and 12 oz (2 3/4 cups) whole-wheat flour. Continue with steps 2-6.

100 servings: In step 1, use 4 lb 8 oz (4 qt) all-purpose flour and 1 lb 8 oz (1 qt 1 3/4 cups) whole-wheat flour. Continue with steps 2-6.

# Baking Powder Biscuits

Bread

Grains/Breads

B-04

Nutrients Per Serving			
Calories	164	Saturated Fat	
Protein	3g	Cholesterol	Tr
Carbohydrate	22g	Vitamin A	0 RE/1 IU
Total Fat	7g	Vitamin C	.1mg
Thiamin	.17mg	Riboflavin	.12mg
Phosphorus	86mg	Potassium	59mg
		Iron	.8 mg
		Calcium	57mg
		Sodium	322mg
		Dietary Fiber	
		Niacin	1.45mg

# Banana Bread Squares

Bread

Grains/Breads

B-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	1 lb 12 oz	1 qt 2 1/4 cups	3 lb 8 oz	3 qt 1/2 cup	1. Blend flour, sugar, dry milk, baking powder, baking soda, and salt for 1 minute in mixer on low speed.
Sugar	1 lb 1 oz	2 1/2 cups	2 lb 2 oz	1 1/4 qt	
Noninstant, nonfat dry milk OR		2 Tbsp		1/4 cup	
Instant nonfat dry milk		1/4 cup		1/2 cup	
Baking powder		2 Tbsp		1/4 cup	
Baking soda		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	
Large eggs (see special tips)	7 oz	4	14 oz	8	2. Combine eggs and water. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed.
Water		1 1/4 cups		2 1/2 cups	
Shortening	6 1/2 oz	1 cup	13 oz	2 cups	
*Bananas, mashed	1 lb 10 oz	3 1/4 cups	3 lb 4 oz	1 qt 2 1/2 cups	3. Add mashed bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Chopped walnuts (optional)	6 1/2 oz	1 1/2 cups	13 oz	3 cups	
					4. Pour 5 lb 10 oz (2 1/2 qt) batter into each steam table pan (12" x20" x2 1/2"), which has been lightly greased. For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
					5. Bake until browned: Conventional Oven: 350 degrees F, 35-45 minutes Convection Oven: 300 degrees F, 25-35 minutes
					6. Cool. Cut each pan 5 x10 (50 pieces per pan).
					For Loaf Pans: Pour 1 lb 14 oz (3 cups) batter into each loaf pan (4" x10" x4"), which has been lightly greased. For 50 servings, use 3 loaf pans. For 100 servings, use 6 loaf pans.
					Bake until browned Conventional Oven: 350 degrees F, 50-60 minutes Convection Oven: 300 degrees F, 40-50 minutes Remove from pans. Cool completely. Cut each loaf into 17 slices, about 1/2" thick.

# Banana Bread Squares

Bread	Grains/Breads	B-05
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Comments:  
\*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Bananas	2 lb 8 oz	5 lb

SERVING:	YIELD:	VOLUME:
1 piece provides 1 serving of bread	<b>50 Servings:</b> 1 steamtable pan	<b>50 Servings:</b>
	<b>100 Servings:</b> 2 steamtable pans	<b>100 Servings:</b>

Special Tips:  
50 servings: use 2 oz (2/3 cup) dried whole eggs and 2/3 cup water in place of shell eggs.  
  
100 servings: Use 4 oz (1 1/3 cups) dried whole eggs and 1 1/3 cups water in place of shell eggs.

Variations:  
A. Banana Bread Squares (Using Master Mix)  
  
50 servings: Omit step 1. Blend 2 lb 7 1/2 oz (2 qt) Master Mix with 1 lb 1 oz (2 1/2 cups) sugar. In step 2, omit shortening. Continue with steps 3-6.  
  
100 servings: Omit steps 1. Blend 4 lb 15 oz (4 qt) Master Mix with 2 lb 2 oz (1 1/4 qt) sugar. In step 2, omit shortening. Continue with steps 3-6.

Nutrients Per Serving			
<b>Calories</b>	149	<b>Saturated Fat</b>	
<b>Protein</b>	2g	<b>Cholesterol</b>	22mg
<b>Carbohydrate</b>	26g	<b>Vitamin A</b>	7 RE/30 IU
<b>Total Fat</b>	4g	<b>Vitamin C</b>	1.1mg
<b>Thiamin</b>	.11mg	<b>Riboflavin</b>	.09mg
<b>Phosphorus</b>	40mg	<b>Potassium</b>	86mg
		<b>Iron</b>	.6mg
		<b>Calcium</b>	19mg
		<b>Sodium</b>	127mg
		<b>Dietary Fiber</b>	
		<b>Niacin</b>	.90mg

# Bread Stuffing

Bread

Grains/Breads

B-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Bread cubes, soft	4 lb 11 oz	3 1/4 gal	9 lb 6 oz	6 3/4 gal	1. Combine bread cubes, celery, onions, raisins (optional), poultry seasoning, pepper, garlic powder, thyme (optional) and butter or margarine. Mix lightly until well blended.
*Fresh celery, chopped	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt	
#Raisins, plumped (optional)	6 1/2 oz	1 cup	13 oz	2 cups	
Poultry seasoning		1 Tbsp		2 Tbsp	
Black pepper		1 1/2 tsp		1 Tbsp	
Garlic powder		1 Tbsp		2 Tbsp	
Butter or margarine, melted	10 1/2 oz	1 1/3 cups	1 lb 5 oz	2 3/4 cups	
Flaked thyme (optional)		2 Tbsp		1/4 cup	
Chicken stock		3 qt		1 1/2 gal	2. Add chicken stock to bread mixture. Mix gently to moisten.
					3. Spread 6 lb 7 oz (3 3/4 qt) of stuffing evenly into each steam table pan (12" x20" x2 1/2"), which has been lightly greased. For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans.
					4. CCP Heat to 165 degrees F or higher for at least 15 seconds.  Conventional Oven: 350 degrees F, 30-40 minutes Convection Oven: 300 degrees F, 20-30 minutes
					5. CCP Hold for hot service at 140 degrees F or higher.
					6. Portion with No. 12 scoop (1/3 cup).
					7. If desired, serve with Chicken or Turkey Gravy (see G-3a).

Comments:

\*See Marketing Guide.

#To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Celery	1 lb 3 1/2 oz	2 lb 7 oz
Mature onions	14 oz	1 lb 11 1/2 oz



# Bread Stuffing

SERVING:	YIELD:	VOLUME:
1/3 cup (No. 12 scoop) provides 1 1/2 servings of bread.	<b>50 Servings:</b> 2 steamtable pans	<b>50 Servings:</b>
	<b>100 Servings:</b> 4 steamtable pans	<b>100 Servings:</b>

Nutrients Per Serving					
<b>Calories</b>	179	<b>Saturated Fat</b>		<b>Iron</b>	1.3mg
<b>Protein</b>	4g	<b>Cholesterol</b>	14mg	<b>Calcium</b>	50mg
<b>Carbohydrate</b>	26g	<b>Vitamin A</b>	46 RE/203 IU	<b>Sodium</b>	630mg
<b>Total Fat</b>	6g	<b>Vitamin C</b>	1.1mg	<b>Dietary Fiber</b>	
<b>Thiamin</b>	.18mg	<b>Riboflavin</b>	.12mg	<b>Niacin</b>	1.50mg
<b>Phosphorus</b>	55mg	<b>Potassium</b>	125mg		

# Cornbread Stuffing

Bread

Grains/Breads

B-06A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Bread cubes	2 lb 5 1/2 oz	1 gal 2 3/4 qt	4 lb 11 oz	3 1/4 gal	1. Combine bread cubes, crumbled cornbread, celery, onions, poultry seasoning, pepper, garlic powder, thyme (optional) and butter or margarine. Mix lightly until well blended.
Crumbled cornbread	2 lb 5 1/2 oz	2 qt 2 1/2 cups	4 lb 11 oz	1 gal 1 1/4 qt	
*Fresh celery, chopped	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt	
Poultry seasoning		1 Tbsp		2 Tbsp	
Black pepper		1 1/2 tsp		1 Tbsp	
Garlic powder		1 Tbsp		2 Tbsp	
Butter or margarine, melted	10 1/2 oz	1 1/3 cups	1 lb 5 oz	2 3/4 cups	
Flaked thyme (optional)		2 Tbsp		1/4 cup	
Chicken stock		3 qt		1 1/2 gal	2. Add chicken stock to bread mixture. Mix gently to moisten.
					3. Spread 6 lb 7 oz (3 3/4 qt) of stuffing evenly into each steam table pan (12" x20" x2 1/2"), which has been lightly greased. For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans.
					4. CCP Heat to 165 degrees F or higher for at least 15 seconds.  Conventional Oven: 350 degrees F, 30-40 minutes Convection Oven: 300 degrees F, 20-30 minutes
					5. CCP Hold for hot service at 140 degrees F or higher.
					6. Portion with No. 12 scoop (1/3 cup).  7. If desired, serve with Chicken or Turkey Gravy (see G-3a).

## Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Celery	1 lb 3 1/2 oz	2 lb 7 oz
Mature onions	14 oz	1 lb 11 1/2 oz

# Cornbread Stuffing

Bread	Grains/Breads	B-06A
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SERVING:	YIELD:	VOLUME:
1/3 cup (No. 12 scoop) provides 1 1/2 servings of bread.	<b>50 Servings:</b> 2 steamtable pans	<b>50 Servings:</b>
	<b>100 Servings:</b> 4 steamtable pans	<b>100 Servings:</b>

# Brown Bread

Bread

Grains/Breads

B-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	8 oz	1 3/4 cups	1 lb	3 1/2 cups	1. Blend flour, whole-wheat flour, cornmeal, baking soda, and salt for 1 minute in mixer on low speed.
Whole-wheat flour	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups	
Cornmeal	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup	2. Combine milk and lemon juice or vinegar (to sour the milk). Let stand for 5 minutes.
Baking soda		1 Tbsp		2 Tbsp	
Salt		1 tsp		2 tsp	
Reconstituted nonfat dry milk		1 qt		2 qt	3. Add molasses and vegetable oil to milk mixture. Blend well.
Reconstituted frozen lemon juice conc., or vinegar		1/4 cup		1/2 cup	
Molasses	1 lb	1 1/2 cups	2 lb	3 cups	4. Add liquid mixture and raisins (optional) to dry ingredients. Blend for 3 minutes on low speed. DO NOT OVERMIX. Batter will be lumpy.  5. Pour 5 lb (2 qt 1/2 cup) batter into each steam table pan (12" x20" x2 1/2"), which has been lightly oiled. For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Vegetable oil		2 Tbsp		1/4 cup	
#Raisins, plumped (optional)	8 oz	1 1/4 cups	1 lb	2 1/2 cups	
					6. Bake or steam until a knife inserted near center comes out clean: Conventional Oven: 375 degrees F, 40-50 minutes Convection Oven: 325 degrees F, 25-35 minutes Steamer: 5 lb pressure, 55-65 minutes
					7. Cool. Cut each pan 5 x10 (50 pieced per pan).
					For Loaf Pans: Pour 1 lb 8 oz (1 qt) batter into each loaf pan (4" x10" x4"), which has been lightly oiled. For 50 servings, use 3 loaf pans. For 100 servings, use 6 loaf pans.
					Bake or steam until knife inserted near center comes out clean: Conventional Oven: 375 degrees F, 60 minutes Convection Oven: 325 degrees F, 45 minutes Steamer: 5 lb pressure for 1 hour 10 minutes  Remove from pans. Cool completely. Cut each loaf into 17 slices, about 1/2" thick.

# Brown Bread

Comments:  
#To plump raisins, cover the fruit with very hot tap water. Soak 2 to 5 minutes. DO NOT OVERSOAK. Drain well before using.

SERVING:	YIELD:	VOLUME:
1 piece provides 1 serving of bread	<b>50 Servings:</b> 1 steamtable pan	<b>50 Servings:</b>
	<b>100 Servings:</b> 2 steamtable pans	<b>100 Servings:</b>

Nutrients Per Serving					
<b>Calories</b>	90	<b>Saturated Fat</b>		<b>Iron</b>	1mg
<b>Protein</b>	2g	<b>Cholesterol</b>	Tr	<b>Calcium</b>	55mg
<b>Carbohydrate</b>	19g	<b>Vitamin A</b>	1 RE/23 IU	<b>Sodium</b>	133mg
<b>Total Fat</b>	1g	<b>Vitamin C</b>	.4mg	<b>Dietary Fiber</b>	
<b>Thiamin</b>	.1mg	<b>Riboflavin</b>	.08mg	<b>Niacin</b>	.80mg
<b>Phosphorus</b>	53mg	<b>Potassium</b>	162mg		

# Cinnamon Rolls

Bread

Grains/Breads

B-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see special tips)		1/3 cup	3 1/4 oz	1/2 cup 2 Tbsp	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (110 degrees F)		1 1/2 cups		3 cups	
All-purpose or bread flour	3 lb 10 oz	3 1/4 qt	7 lb 4 oz	6 1/2 qt	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Noninstant, nonfat dry milk OR	3 1/4 oz	2/3 cup	6 1/2 oz	1 1/3 cups	
Instant nonfat dry milk	3 1/4 oz	1 1/3 cups	6 1/2 oz	2 3/4 cups	
Sugar	5 3/4 oz	3/4 cup 2 Tbsp	11 1/2 oz	1 1/2 cups 2 Tbsp	
Salt		2 Tbsp	2 1/2 oz	1/4 cup	
Vegetable oil		3/4 cup 2 Tbsp		1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 degrees F)		2 1/2 cups		1 1/4 qt	4. Add water. Mix on low speed for 1 minute.
					5. Add dissolved yeast and mix on low speed for 2 minutes.
					6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.
					7. Place in warm area (about 90 degrees F) for 45-60 minutes.
					8. Place dough on lightly floured surface. Divide into balls, 3 lb 6 oz each. For 50 servings divide into 2 balls. For 100 servings divide into 4 balls.
Cinnamon		1/4 cup		1/2 cup	9. Combine cinnamon and sugar. Mix well. Set aside for step 11.
Sugar	5 1/4 oz	3/4 cup	10 1/2 oz	1 1/2 cups	
					10. Roll each ball of dough into a rectangle 25" x10", 1/4" thick.
Vegetable oil		1 Tbsp		2 Tbsp	11. Lightly brush each rectangle with oil. Sprinkle approximately 1/2 cup cinnamon-sugar mixture over each rectangle.
Raisins	10 oz	2 cups	1 lb 4 1/2 oz	1 qt	12. Sprinkle 1 cup raisins over cinnamon-sugar mixture on each rectangle.

# Cinnamon Rolls

Bread	Grains/Breads	B-08
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			13. Roll each rectangle on the long side to form a long slender roll. Cut each roll into 25 uniform pieces 1" thick.
			14. Place on lightly oiled sheet pan (18" x26" x1") in rows of 10 down and 5 across. For 50 servings, use 1 sheet pan. For 100 servings, use 2 sheet pans.
			15. Place in a warm area (about 90 degrees F) until double in size, 30-50 minutes.
			16. Bake until lightly browned: Conventional Oven: 400 degrees F, 18-20 minutes. Convection Oven: 350 degrees F, 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	17. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

SERVING:	YIELD:	VOLUME:
1 2-ounce roll provides 2 servings of bread	<b>50 Servings:</b> about 50 2-oz rolls	<b>50 Servings:</b>
	<b>100 Servings:</b> about 100 2-oz rolls	<b>100 Servings:</b>

Special Tips:  
To use high-activity (instant) yeast, follow direction below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 degrees F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-17.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/4 cup 3 Tbsp 2 tsp) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 degrees F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-17.

# Cinnamon Rolls

Nutrients Per Serving					
Calories	206	Saturated Fat		Iron	1.4mg
Protein	5g	Cholesterol	Tr	Calcium	40mg
Carbohydrate	38g	Vitamin A	0RE/2 IU	Sodium	287mg
Total Fat	4g	Vitamin C	.4mg	Dietary Fiber	
Thiamin	.24mg	Riboflavin	.20mg	Niacin	2.13mg
Phosphorus	65mg	Potassium	129mg		



# Cornbread

Bread

Grains/Breads

B-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	1 lb	3 1/2 cups	2 lb	1 qt 3 1/4 cups	1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal OR	1 lb	3 cups	2 lb	1 1/2 qt	
Corn grits	1 lb	2 3/4 cups	2 lb	1 qt 1 1/2 cups	2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat on medium speed only until dry ingredients are moistened, 2-3 minutes. DO NOT OVERMIX. Batter will be lumpy.
Sugar	5 1/4 oz	3/4 cup	10 1/2 oz	1 1/2 cups	
Baking powder		2 Tbsp 2 tsp	2 oz	1/3 cup	
Salt		1 1/4 tsp		2 1/2 tsp	
Large eggs (see Special Tips)	5 1/4 oz	3	10 1/2 oz	6	
Reconstituted nonfat dry milk		3 3/4 cups		1 qt 3 1/2 cups	3. For 50 servings, pour 4 lb 14 oz (2 1/2 qt) batter into 1 half-sheet pan (18" x13" x1), which has been lightly oiled. For 100 servings, pour 9 lb 13 oz (1 1/4 gal) batter into 1 sheet pan (18" x26" x1), which has been lightly oiled.
Vegetable oil		1/2 cup		1 cup	
Cheddar cheese, shredded (optional)	12 oz	3 1/2 cups	1 lb 8 oz	1 3/4 qt	
Green chili peppers, chopped (optional)	4 oz	1/2 cup	8 oz	1 cup	
					4. Bake until lightly browned: Conventional Oven: 400 degrees F, 30-35 minutes Convection Oven: 350 degrees F, 20-25 minutes
					5. For 50 servings, cut half-sheet pan 5 x10 (50 pieces per pan). For 100 servings, cut sheet pan 10 x10 (100 pieces per pan).

SERVING:	YIELD:	VOLUME:
1 piece provides 1 serving of bread	<b>50 Servings:</b> 1 half-sheet pan	<b>50 Servings:</b>
	<b>100 Servings:</b> 1 sheetpan	<b>100 Servings:</b>

# Cornbread

Bread

Grains/Breads

B-09

Special Tips:  
50 servings: Use 1 1/2 oz (1/2 cup) dried whole eggs and 1/2 cup water in place of shell eggs.  
  
100 servings: Use 3 oz (1 cup) dried whole eggs and 1 cup water in place of shell eggs.

Nutrients Per Serving					
Calories	103	Saturated Fat		Iron	.6mg
Protein	2g	Cholesterol	16mg	Calcium	19mg
Carbohydrate	17g	Vitamin A	5 RE/52 IU	Sodium	127mg
Total Fat	3g	Vitamin C	Tr	Dietary Fiber	
Thiamin	.1mg	Riboflavin	.07mg	Niacin	.8mg
Phosphorus	42mg	Potassium	31mg		

# Fried Rice

Meat Alternate-Vegetable-Bread Alternate

Grains/Breads

B-10

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1/4 cup		1/2 cup	1. Heat oil. Add onions and celery. Cook for 5 minutes.
*Fresh onions, chopped OR	1 lb	2 3/4 cups	2 lb	1 qt 1 1/4 cups	
Dehydrated onions		1/2 cup	3 1/2 oz	1 cup	
*Celery, chopped	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	
Large eggs, beaten	2 lb 12 oz	25	5 lb 8 oz	50	2. Add beaten eggs. Cook over medium heat, stirring frequently, for 10-15 minutes or until set.
*Cooked white rice, chilled	10 lb 2 oz	1 gal 3 1/4 qt	20 lb 4 oz	3 1/2 gal	3. Add rice, peas, and soy sauce. Stir to combine.
Frozen peas	1 lb	3 1/4 cups	2 lb	1 qt 2 1/2 cups	
Soy sauce		1 1/3 cups		2 2/3 cups	
					4. Cover.
					5. CCP Heat to 165 degrees F or higher for at least 15 seconds.
					Place in serving pans.
					CCP Hold for hot service at 140 degrees F or higher.
					6. Portion with No. 6 scoop (2/3 cup).

Comments:

\*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	1 lb 2 1/2 oz	2 lb 5 oz
Celery	1 lb 3 1/2 oz	2 lb 7 oz
White rice	3 lb 4 oz	6 lb 8 oz

SERVING:	YIELD:	VOLUME:
2/3 cup (No. 6 scoop) provides 1/2 large egg, 1/8 cup of vegetable, and 1 serving of bread alternate	<b>50 Servings:</b> about 2 1/4 gal <b>100 Servings:</b> about 4 1/2 gal	<b>50 Servings:</b> <b>100 Servings:</b>

# Fried Rice

Nutrients Per Serving			
Calories	166	Saturated Fat	Iron
Protein	6g	Cholesterol	Calcium
Carbohydrate	26g	Vitamin A	Sodium
Total Fat	4g	Vitamin C	Dietary Fiber
Thiamin	.14mg	Riboflavin	Niacin
Phosphorus	91mg	Potassium	

# Italian Bread

Bread

Grains/Breads

B-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see note)		2 Tbsp 2 tsp		1/3 cup	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour	3 lb 12 oz	3 qt 1 1/2 cups	7 lb 8 oz	6 3/4 qt	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Water, warm (110 degrees F)		1 cup		2 cups	
Noninstant, nonfat dry milk OR	3 oz	1/2 cup 2 Tbsp	6 oz	1 1/4 cups	
Instant nonfat dry milk	3 oz	1 1/4 cups	6 oz	2 1/2 cups	
Sugar		1/4 cup	3 1/2 oz	1/2 cup	
Salt		1 Tbsp		2 Tbsp	
Water (70-75 degrees F)		3 cups		1 1/2 qt	3. Add water and mix on low speed for 1 minute.
					4. Add dissolved yeast and mix on low speed for 2 minutes.
Shortening		1/4 cup	3 1/4 oz	1/2 cup	5. Add shortening and mix on low speed for 2 minutes.
					6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.
					7. Place dough in warm area (about 90 degrees F) for 45-60 minutes.
					8. Punch down dough to remove air bubbles and let rest 15 minutes.
Cornmeal		2 Tbsp		1/4 cup	9. Divide dough into pieces, 3 lb 6 oz each. For 50 servings, divide into 2 pieces. For 100 servings, divide into 4 pieces. Shape each piece into a smooth roll 24" long.
					10. Place lengthwise on lightly greased sheet pans (18" x26" x1") which have been sprinkled with cornmeal, approximately 2 Tbsp per pan. For 50 servings, use 1 sheet pan. For 100 servings, use 2 sheet pans.
					11. Place sheet pans in a warm area (about 90 degrees F) until double in size, 30-50 minutes.
Water, as needed					12. Brush top of each loaf with water. Using scissors or a very sharp knife, cut 5 or 6 diagonal slits 1/4" deep on top of each loaf.

# Italian Bread

Bread	Grains/Breads	B-11
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	13. Bake until browned: Conventional Oven: 400 degrees F for 25 minutes Convection Oven: 350 degrees F for 20 minutes
	14. Cool. Cut each loaf into 25 slices, 7/8" thick.

SERVING:	YIELD:	VOLUME:
1 slice provide 2 servings of bread	<b>50 Servings:</b> 2 loaves	<b>50 Servings:</b>
	<b>100 Servings:</b> 4 loaves	<b>100 Servings:</b>

Special Tips:  
To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 2 Tbsp high-activity (instant) yeast. In step 3, add 1 qt water (110 degrees F). Omit step 4. Continue with step 5. In step 6, knead for 10 minutes. Continue with steps 7-13.

100 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. In step 3, add 2 qt water (110 degrees F). Omit step 4. Continue with step 5. In step 6, knead for 10 minutes. Continue with steps 7-13.

Nutrients Per Serving					
<b>Calories</b>	143	<b>Saturated Fat</b>		<b>Iron</b>	1.1mg
<b>Protein</b>	4g	<b>Cholesterol</b>	Tr	<b>Calcium</b>	28mg
<b>Carbohydrate</b>	28g	<b>Vitamin A</b>	0 RE/Tr IU	<b>Sodium</b>	151mg
<b>Total Fat</b>	1g	<b>Vitamin C</b>	.1mg	<b>Dietary Fiber</b>	
<b>Thiamin</b>	.22mg	<b>Riboflavin</b>	.17mg	<b>Niacin</b>	1.98mg
<b>Phosphorus</b>	52mg	<b>Potassium</b>	72mg		

# Muffin Squares

Breads

Grains/Breads

B-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	1 lb 12 oz	1 qt 2 1/4 cups	3 lb 8 oz	3 qt 1/2 cup	1. Blend flour, dry milk, baking powder, sugar, and salt for 5 minutes in mixer on low speed. Add raisins (optional).
Noninstant, nonfat dry milk OR		1/4 cup 2 Tbsp	3 1/2 oz	3/4 cup	
Instant nonfat dry milk		3/4 cup	3 1/2 oz	1 1/2 cups	
Baking powder		1/4 cup	3 oz	1/2 cup less 1 tsp	
Sugar	7 oz	1 cup	14 oz	2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
#Raisins, plumped (optional)	8 oz	1 /14 cups	1 lb	2 1/2 cups	
Large eggs (see Special Tips)	5 1/4 oz	3	10 1/2 oz	6	2. Combine eggs and water. Add slowly to dry ingredient while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds.
Water		2 3/4 cups		1 qt 1 1/2 cups	3. Add oil slowly while mixing on low speed approximately 40 seconds. DO NOT OVERMIX. Batter will be lumpy.  4. Pour 4 lb 7 oz (2 1/2 qt) batter into each steam table pan (12" x20" x2 1/2"), which has been lightly oiled. For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Vegetable oil		3/4 cup		1 1/2 cups	
					5. Bake until lightly browned: Conventional Oven: 425 degree F, 25 minutes Convection Oven: 350 degrees F, 15 minutes
					6. Cut each pan 5 X10 (50 portions per pan).
					For Muffin Pans: Portion batter into oiled muffin pans with No. 24 scoop (2 2/3 Tbsp). Fill no more than 2/3 full.  Bake until lightly browned: Conventional Oven: 400 degrees F, 18-20 minutes Convection Oven: 350 degrees F, 12-15 minutes
					To cool, remove muffins from pans immediately and place on cooling racks.

Comments:

#To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

# Muffin Squares

SERVING:	YIELD:	VOLUME:
1 piece provides 1 serving of bread	<b>50 Servings:</b> 1 steamtable pan	<b>50 Servings:</b>
	<b>100 Servings:</b> 2 steamtable pans	<b>100 Servings:</b>

Special Tips:  
50 servings: Use 1 1/2 oz (1/2 cup) dried whole eggs and 1/2 cup water in place of shell eggs.  
  
100 servings: Use 3 oz (1 cup) dried whole eggs and 1 cup water in place of shell eggs.

Variations:  
A. Muffin Squares (Using Master Mix)  
  
50 servings: Omit step 1. Blend 2 lb 7 1/2 oz (2 qt) Master Mix with 7 oz (1 cup) sugar. Continue with step 2. Omit step 3. Continue with step 4-6.  
  
100 servings: Omit step 1. Blend 4 lb 15 oz (4 qt) Master Mix with 14 oz (2 cups) sugar. Continue with step 2. Omit step 3. Continue with steps 4-6.  
  
B. Wheat Muffin Squares  
  
50 servings: In step 1, use 1 lb 5 oz (1 qt 3/4 cup) all-purpose flour and 7 oz (1 1/2 cups 2 Tbsp) whole-wheat flour. Continue with steps 2-6.  
  
100 servings: In step 1, use 2 lb 10 oz (2 qt 1 1/2 cups) all-purpose flour and 14 oz (3 1/4 cups) whole-wheat flour. Continue with steps 2-6.

Nutrients Per Serving			
<b>Calories</b>	110	<b>Saturated Fat</b>	<b>Iron</b> .5mg
<b>Protein</b>	2g	<b>Cholesterol</b> 16mg	<b>Calcium</b> 34mg
<b>Carbohydrate</b>	16g	<b>Vitamin A</b> 5 RE/16 IU	<b>Sodium</b> 197mg
<b>Total Fat</b>	4g	<b>Vitamin C</b> .1mg	<b>Dietary Fiber</b>
<b>Thiamin</b>	.1mg	<b>Riboflavin</b> .08mg	<b>Niacin</b> .85mg
<b>Phosphorus</b>	54mg	<b>Potassium</b> 38mg	



# Pancakes

Bread Alternate

Grains/Breads

B-13

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	2 lb	1 qt 3 1/4 cups	4 lb	3 qt 2 1/2 cups	1. Blend flour, baking powder, salt, dry milk, and sugar in mixer for 3 minutes on low speed.
Baking powder		1/4 cup	3 1/4 oz	1/2 cup	
Salt		1 1/2 tsp		1 Tbsp	
Noninstant, nonfat dry milk OR	2 1/2 oz	1/2 cup	5 oz	1 cup	
Instant nonfat dry milk	2 1/2 oz	1 cup	5 oz	2 cups	
Sugar	2 1/4 oz	1/3 cup	4 1/2 oz	2/3 cup	
Large eggs (see Special Tips)	14 oz	8	1 lb 12 1/2 oz	16	2. Combine eggs, water, and oil. Add to dry ingredients.
Water		1 qt 1 1/4 cups		2 qt 2 1/2 cups	
Vegetable oil		1 cup		2 cups	
					3. Blend for 2 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.
					4. Portion batter with level No. 20 scoop (3 1/5 Tbsp) onto griddle, which has been heated to 375 degrees F. If desired, lightly oil griddle surface.
					5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on other side, approximately 1 minute.
					6. Serve immediately or reheat in covered steam table pans (12" x20" x2 1/2"): Conventional Oven: 350 degrees F, 10-15 minutes Convection Oven: 300 degrees F, 8-10 minutes

SERVING:	YIELD:	VOLUME:
1 pancake provides 1 serving of bread alternate	<b>50 Servings:</b> 50 4-inch pancakes	<b>50 Servings:</b>
	<b>100 Servings:</b> 100 4-inch pancakes	<b>100 Servings:</b>

Variation

A. Pancakes (Using Master Mix)

50 servings: Omit step 1. Use 2 lb 13 oz (2 1/4 qt) Master Mix and 2 1/4 oz (1/3 cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium

# Pancakes

speed. Continue with steps 4-6.

100 servings: Omit step 1. Use 5 lb 10 oz (4 1/2 qt) Master Mix and 4 1/2 oz (2/3 cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium speed. Continue with steps 4-6.

Nutrients Per Serving					
Calories	129	Saturated Fat		Iron	.7mg
Protein	3g	Cholesterol	45mg	Calcium	44mg
Carbohydrate	16g	Vitamin A	13 RE/42 IU	Sodium	191mg
Total Fat	5g	Vitamin C	.1mg	Dietary Fiber	
Thiamin	.12mg	Riboflavin	.11mg	Niacin	.98mg
Phosphorus	71mg	Potassium	55mg		

# Pizza Crust

Bread

Grains/Breads

B-14

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see Special Tips)			2 oz	1/3 cup 1 Tbsp	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (100 degrees F)				2 qt 1/2 cup	
All-purpose or bread flour			7 lb	6 1/4 cup	2. Place flour in large mixer bowl. Make well in the center.
Vegetable oil				2/3 cup	3. Pour in dissolved yeast, oil, salt, and sugar. Gradually work into the flour using dough hook on low speed. Knead for 15 minutes at medium speed.
Salt				2 1/2 tsp	
Sugar			2 oz	1/4 cup 2 tsp	
Cornmeal			5 oz	1 cup	4. Divide and shape dough into 5 balls, 2 lb 4 oz each. Let rest for 20 minutes.
					5. Lightly oil 5 sheet pans (18" x26" x 1"). Sprinkle each pan with 1 oz (3 Tbsp) cornmeal.
					6. Place 1 dough ball in center of each pan. Flatten dough by rolling or spreading dough 1/8" thick to rim of pans. Keep edges thicker than center.
					7. For topping, baking, and portioning directions, see Pizza With Ground Beef Topping recipe (see D-31) or Pizza With Cheese Topping recipe (see D-30).

SERVING:	YIELD:	VOLUME:
1 portion provides 2 servings of bread	<b>50 Servings:</b>	<b>50 Servings:</b>
	<b>100 Servings:</b> 5 sheet pans	<b>100 Servings:</b>

## Special Tips:

To use high-activity (instant) yeast, follow directions below, or manufacturer's instructions.

100 servings: Omit step 1. Continue with step 2. In step 3, add 1/4 cup 2 tsp high-activity (instant) yeast and 2 qt 1/2 cup water (110 degrees F). Continue with steps 4-7.

# Pizza Crust

Bread

Grains/Breads

B-14

Nutrients Per Serving			
Calories	137	Saturated Fat	
Protein	4g	Cholesterol	0mg
Carbohydrate	26g	Vitamin A	0 RE/6 IU
Total Fat	2g	Vitamin C	0mg
Thiamin	.21mg	Riboflavin	.15mg
Phosphorus	36mg	Potassium	43mg
		Iron	1.1mg
		Calcium	6mg
		Sodium	60mg
		Dietary Fiber	
		Niacin	1.94mg

# Pourable Pizza Crust

Bread

Grains/Breads

B-15

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see Special Tips)			2 1/2 oz	1/2 cup	1. Dissolve dry yeast in warm water. Let stand 4-5 minutes.
Warm water (110 degrees F)				1 gal	
All-purpose or bread flour			7 lb	6 1/4 qt	2. Place flour, milk, sugar, and salt in mixer bowl. Using a whip, blend on low speed for 4 minutes.
Noninstant, nonfat dry milk OR			1 lb 2 1/2 oz	1 qt	
Instant nonfat dry milk			1 lb 2 1/2 oz	1 qt 3 3/4 cups	
Sugar			8 3/4 oz	1 1/4 cups 2 Tbsp	
Salt				2 1/2 tsp	
Vegetable oil				1/4 cup	3. Add dissolved yeast and oil. Blend on medium speed for 10 minutes. Batter will be lumpy.
Cornmeal			5 oz	1 cup	4. Oil five sheet pans (18" x26" x1"). Sprinkle each pan with 1 oz (approximately 3 Tbsp) cornmeal.
					5. Pour or spread 3 lb 6 oz (1 1/2 qt) batter into each pan. Let stand for 20 minutes.
					6. Prebake until crust is set: Conventional Oven: 475 degrees F, 10 minutes Convection Oven: 425 degrees F, 7 minutes
					7. Top each prebaked crust with desired topping or use Pizza With Ground Beef Topping recipes (see D-31), or Pizza With Cheese Topping recipe (see D-30).
					8. Bake until heated through and cheese is melted: Conventional Oven: 475 degrees F, 10-15 minutes Convection Oven: 425 degrees F, 5 minutes.
					9. Portion by cutting each sheet pan 4 x5 (20 pieces per pan).

SERVING:	YIELD:	VOLUME:
1 piece provides 2 servings of bread	<b>50 Servings:</b>	<b>50 Servings:</b>
	<b>100 Servings:</b> 5 sheet pans	<b>100 Servings:</b>

# Pourable Pizza Crust

Bread

Grains/Breads

B-15

Special Tips:  
To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

100 servings: Omit step 1. In step 2, add 3 Tbsp high-activity (instant) yeast. In step 3, add warm water (100 degrees F). Continue with steps 4-9.

Nutrients Per Serving					
Calories	155	Saturated Fat		Iron	1.1mg
Protein	6g	Cholesterol	1mg	Calcium	72mg
Carbohydrate	31g	Vitamin A	0 RE/ 8 IU	Sodium	88mg
Total Fat	1g	Vitamin C	.3mg	Dietary Fiber	
Thiamin	.24mg	Riboflavin	.24mg	Niacin	2.03mg
Phosphorus	89mg	Potassium	140mg		

# Rolls (Yeast)

Bread

Grains/Breads

B-16

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see Special Tips)		1/3 cup	3 1/4 oz	1/2 cup 2 Tbsp	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (110 degrees F)		1 1/2 cups		3 cups	
All-purpose or bread flour	3 lb 10 oz	3 1/4 qt	7 lb 4 oz	6 1/2 qt	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Noninstant, nonfat dry milk OR	3 1/4 oz	2/3 cup	6 1/2 oz	1 1/3 cups	
Instant nonfat dry milk	3 1/4 oz	1 1/3 cups	6 1/2 oz	2 3/4 cups	
Sugar	5 3/4 oz	3/4 cup 2 Tbsp	11 1/2 oz	1 1/2 cups	
Salt		2 Tbsp	2 1/2 oz	1/4 cup	
Vegetable oil		3/4 cup 2 Tbsp		1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 degrees F)		2 1/2 cups		1 1/4 qt	4. Add water. Mix on low speed for 1 minute.
					5. Add dissolved yeast and mix on low speed for 2 minutes.
					6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.
					7. Place dough in warm area (about 90 degrees F) for 45-60 minutes.
					8. Punch down dough to remove air bubbles.
					9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x26" x1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					10. Place in a warm area (about 90 degrees F) until double in size, 30-50 minutes.
					11. Bake until lightly browned: Conventional Oven: 400 degrees F, 18-20 minutes. Convection Oven: 350 degrees F, 12-14 minutes.
Butter or margarine, melted (optional)		1 Tbsp		2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

# Rolls (Yeast)

Bread

Grains/Breads

B-16

SERVING:	YIELD:	VOLUME:
1 2-ounce roll provides 2 servings of bread	<b>50 Servings:</b> about 50 2-oz rolls	<b>50 Servings:</b>
	<b>100 Servings:</b> about 100 2-oz rolls	<b>100 Servings:</b>

## Special Tips:

To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 degrees F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 degrees F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

## Variations:

### A. Frankfurter Rolls

50 and 100 servings: Follow steps 1-8. In step 9, shape 2-oz pieces of dough to approximately 2 1/2" x 6 1/2 ". Place rolls on lightly oiled sheet pans in rows of 8 down and 4 across. Continue with steps 10-12.

### B. Hamburger Rolls

50 and 100 servings: Follow steps 1-8. In step 9, shape and flatten 2-oz pieces of dough to approximately 4" in diameter. Place rolls on lightly oiled sheet pans in rows of 6 down and 4 across. Continue with steps 10-12.

### C. Wheat Rolls

50 servings: Follow step 1. In step 2, use 1 lb 13 oz (1 qt 2 1/2 cups) all-purpose or bread flour and 1 lb 13 oz (1 qt 2 3/4 cups) whole-wheat flour. Continue with steps 3-12.

100 servings: Follow step 1. In step 2, use 3 lb 10 oz (3 1/4 qt) all-purpose or bread flour and 3 lb 10 oz (3 qt 1 1/2 cups) whole-wheat flour. Continue with steps 3-12.

Nutrients Per Serving			
<b>Calories</b>	174	<b>Saturated Fat</b>	
<b>Protein</b>	4g	<b>Cholesterol</b>	Tr
<b>Carbohydrate</b>	30g	<b>Vitamin A</b>	0 RE/1 IU
<b>Total Fat</b>	4g	<b>Vitamin C</b>	.1mg
<b>Thiamin</b>	.23mg	<b>Riboflavin</b>	.20mg
<b>Phosphorus</b>	59mg	<b>Potassium</b>	83mg
		<b>Iron</b>	1.1mg
		<b>Calcium</b>	31mg
		<b>Sodium</b>	283mg
		<b>Dietary Fiber</b>	
		<b>Niacin</b>	2.09mg



# Rolls (Yeast)

Bread

Grains/Breads

B-16

# Spanish Rice

Vegetable-Bread Alternate

Grains/Breads

B-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 Tbsp		1/4 cup	1. Heat oil. Add onions and green pepper. Cook for 5 minutes.
Dehydrated onions OR		1/4 cup		1/2 cup	
*Fresh onions, chopped	7 1/2 oz	1 1/4 cups	15 oz	2 1/2 cups	2. Add beef stock or water, tomatoes, tomato paste, and seasonings. Bring to boil.
*Green pepper, chopped	5 1/4 oz	1 cup	10 1/2 oz	2 cups	
Beef stock or water		1 qt 3 1/2 cups		3 3/4 qt	
Canned tomatoes, with liquid, chopped	1 lb 3 oz	2 1/4 cups	2 lb 6 1/2 oz	1 qt 1/2 cup	3. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender.  CCP Heat to 165 degrees F or higher for at least 15 seconds.  4. CCP Hold for hot service at 140 degrees F or higher. 5. Portion with No. 16 scoop (1/4 cup).
Tomato paste	7 oz	3/4 cup	14 oz	1 1/2 cups	
#Chili powder		1 Tbsp		2 Tbsp	
#Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
#Paprika		3/4 tsp		1 1/2 tsp	
#Onion powder		3/4 tsp		1 1/2 tsp	
White rice	1 lb 7 1/2 oz	3 1/2 cups	2 lb 15 oz	1 3/4 qt	

Comments:

\*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) May be used to replace these ingredients. For 50 servings, use 2 Tbsp 1 tsp Mexican Seasoning Mix. For 100 servings, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix.

## Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	8 3/4 oz	1 lb 1 1/2 oz
Green pepper	6 3/4 oz	13 1/2 oz

# Spanish Rice

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/8 cup of vegetable and 1/2 serving of bread alternate	<b>50 Servings:</b> about 3 qt <b>100 Servings:</b> about 1 1/2 gal	<b>50 Servings:</b> <b>100 Servings:</b>

Nutrients Per Serving			
<b>Calories</b>	62	<b>Saturated Fat</b>	<b>Iron</b> .9mg
<b>Protein</b>	1g	<b>Cholesterol</b> 0mg	<b>Calcium</b> 12mg
<b>Carbohydrate</b>	12g	<b>Vitamin A</b> 84 RE/246 IU	<b>Sodium</b> 226mg
<b>Total Fat</b>	1g	<b>Vitamin C</b> 6.4mg	<b>Dietary Fiber</b>
<b>Thiamin</b>	.06mg	<b>Riboflavin</b> .02mg	<b>Niacin</b> .69mg
<b>Phosphorus</b>	24mg	<b>Potassium</b> 98mg	

# Sweet Potato-Prune Bread Squares

Vegetable/Fruit-Bread

Grains/Breads

B-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned sweet potatoes, drained	2 lb 3 1/2 oz	1/2 No. 10 can	4 lb 7 oz	1 No. 10 can	1. Mash drained sweet potatoes. Set aside for step 4.
All-purpose flour	1 lb 12 oz	1 qt 2 1/4 cups	3 lb 8 oz	3 qt 1/2 cup	2. Blend flour, sugar, dry milk, baking powder, baking soda, salt, allspice, nutmeg (optional), and cloves for 1 minute in mixer on low speed.
Sugar	1 lb 1 oz	2 1/2 cups	2 lb 2 oz	1 1/4 qt	
Noninstant, nonfat dry milk OR		2 Tbsp		1/4 cup	
Instant nonfat dry milk		1/4 cup		1/2 cup	
Baking powder		2 Tbsp		1/4 cup	
Baking soda		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	
Allspice		1 tsp		2 tsp	
Ground nutmeg (optional)		1 tsp		2 tsp	
Ground cloves		1 tsp		2 tsp	
Large eggs (see Special Tips)	7 oz	4	14 oz	8	3. Combine eggs and water. Add shortening and liquid mixture to dry ingredients. Blend for 1 minute on low speed. Beat for 1 minute on medium speed.
Water		1 1/4 cups		2 1/2 cups	
Shortening	6 1/2 oz	1 cup	13 oz	2 cups	
Uncooked prunes, chopped OR	6 1/2 oz	1 1/4 cups	13 oz	2 1/2 cups	4. Add mashed sweet potatoes, prunes or raisins, and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.
#Raisins, plumped	4 3/4 oz	3/4 cup	9 1/2 oz	1 1/2 cups	
Chopped walnuts (optional)	6 1/2 oz	1 1/2 cups	13 oz	3 cups	
					5. Pour 6 lb 14 oz (3 1/4 qt) batter into each steam table pan (12" x 20" x 2 1/2"), which has been lightly greased. For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
					6. Bake: Conventional Oven: 350 degrees F, 55-65 minutes Convection Oven: 300 degrees F, 35-45 minutes
					7. Cool. Cut each pan 5 x10 (50 pieces per pan).

# Sweet Potato-Prune Bread Squares

Vegetable/Fruit-Bread

Grains/Breads

B-18

For Loaf Pan: Pour 2 lb 4 oz (1 1/2 qt) batter into each loaf pan (4" x10" x4"), which has been lightly greased. For 50 servings, use 3 loaf pans. For 100 servings, use 6 loaf pans.

Bake:  
Conventional Oven: 350 degrees F for 1 1/4-1 1/2 hours  
Convection Oven: 300 degrees F for 40-50 minutes  
Remove from pans. Cool completely. Cut each loaf into 17 slices, about 1/2" thick.

Comments:

#To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

SERVING:	YIELD:	VOLUME:
1 piece provides 1/8 cup of vegetable and fruit and 1 serving of bread	<b>50 Servings:</b> 1 steamtable pan	<b>50 Servings:</b>
	<b>100 Servings:</b> 2 steamtable pan	<b>100 Servings:</b>

Special Tips:

50 servings: Use 2 oz (2/3 cup) dried whole eggs and 2/3 cup water in place of shell eggs.

100 servings: Use 4 oz (1 1/3 cups) dried whole eggs and 1 1/3 cups water in place of shell eggs.

Nutrients Per Serving					
<b>Calories</b>	162	<b>Saturated Fat</b>		<b>Iron</b>	.8mg
<b>Protein</b>	3g	<b>Cholesterol</b>	22mg	<b>Calcium</b>	23mg
<b>Carbohydrate</b>	28g	<b>Vitamin A</b>	152 RE/1,116 IU	<b>Sodium</b>	135mg
<b>Total Fat</b>	4g	<b>Vitamin C</b>	2mg	<b>Dietary Fiber</b>	
<b>Thiamin</b>	.11mg	<b>Riboflavin</b>	.08mg	<b>Niacin</b>	.92mg
<b>Phosphorus</b>	44mg	<b>Potassium</b>	80mg		

# White Bread

Bread

Grains/Breads

B-19

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see Special Tips)		2 Tbsp 2 tsp		1 /3 cup	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (110 degrees F)		1/2 cup		1 cup	
All-purpose or bread flour	2 lb 3 oz	2 qt	4 lb 6 oz	4 qt	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Noninstant, nonfat dry milk OR		1/3 cup	3 oz	2/3 cup	
Instant nonfat dry milk		1/2 cup 2 Tbsp	3 oz	1 1/4 cups	
Sugar	2 1/4 oz	1/3 cup	4 1/2 oz	2/3 cup	
Salt		1 Tbsp		2 Tbsp	
Water (70-75 degrees F)		2 cups		1 qt	3. Add water and mix on low speed for 1 minute.
					4. Add dissolved yeast and mix on low speed for 2 minutes.
Shortening	2 1/4 oz	1/3 cup	4 1/2 oz	2/3 cup	5. Add shortening and mix on low speed for 2 minutes.
					6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.
					7. Place dough in warm area (about 90 degrees F) for 45-60 minutes.
					8. Divide dough into pieces, 1 lb 15 oz each. For 50 servings, divide into 2 pieces. For 100 servings, divide into 4 pieces. Shape each piece into a loaf and place in loaf pan (16 1/2" x4 1/2" x4"), which has been lightly greased. For 50 servings, use 2 loaf pans. For 100 servings, use 4 loaf pans.
					9. Place pans in a warm area (about 90 degrees F) until double in size, 45-55 minutes.
					10. Bake until lightly browned: Conventional Oven: 400 degrees F, 20-25 minutes Convection Oven: 375 degree F, 18-22 minutes
Butter or margarine, melted (optional)		1 Tbsp		2 Tbsp	11. Cool. Cut each loaf into 27 slices, 5/8" thick. 12. Optional: Brush top of each loaf lightly with melted butter or margarine (approximately 1 1/2 tsp per loaf) while warm.

# White Bread

Bread

Grains/Breads

B-19

SERVING:	YIELD:	VOLUME:
1 piece provides 1 serving of bread	<b>50 Servings:</b> 2 loaf pans	<b>50 Servings:</b>
	<b>100 Servings:</b> 4 loaf pans	<b>100 Servings:</b>

Special Tips:

To use high-activity (instant) yeast, follow direction below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 2 Tbsp high-activity (instant) yeast. In step 3, add 2 1/2 cups water (110 degrees F). Omit step 4. Continue with step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. In step 3, add 1 1/4 qt water (110 degrees F). Omit step 4. Continue with step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Variations:

A. Oat Bread

50 servings: Follow step 1. In step 2, use 1 lb 13 oz (1 qt 2 1/2 cups) all-purpose flour and 7 oz (2 3/4 cups) rolled oats. Continue with steps 3-12.

100 servings: Follow step 1. In step 2, use 3 lb 10 oz (3 qt 1 cup) all-purpose flour and 14 oz (1 qt 1 1/2 cups) rolled oats. Continue with steps 3-12.

B. Oat Bread With Honey

50 servings: Follow step 1. In step 2, use 1 lb 13 oz (1 qt 2 1/2 cups) all-purpose flour and 7 oz (2 3/4 cups) rolled oats. Omit sugar. In step 3, combine 3 3/4 oz (1/3 cup) honey with water. Continue with steps 4-12.

100 servings: Follow step 1. In step 2, use 2 lb 10 oz (3 qt 1 cup) all-purpose flour and 14 oz (1 qt 1 1/2 cups) rolled oats. Omit sugar. In step 3, combine 7 1/2 oz (2/3 cup) honey with water. Continue with steps 4-12.

C. Raisin Bread

50 servings: Follow step 1. In step 2, add 1 /12 tsp ground cinnamon. Continue with steps 3-5. In step 6, add 13 oz (2 cups) #plumped raisins during last 2 minutes of mixing. Continue with steps 7-12.

100 servings: Follow step 1. In step 2, add 1 Tbsp ground cinnamon. Continue with steps 3-5. In step 6, add 1 lb 10 oz (1 qt) #plumped raisins during last 2 minutes of mixing. Continue with steps 7-12.

#To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

D. Wheat Bread

50 servings: Follow step 1. In step 2, use 1 lb 10 oz (1 qt 1 3/4 cups) all-purpose flour and 9 oz (2 1/4 cups) whole-wheat flour. Continue with steps 3-12.

# White Bread

Bread	Grains/Breads	B-19
	<p>100 servings: Follow step 1. In step 2, use 3 lb 4 oz (2 qt 3 1/2 cups) all-purpose flour and 1 lb 2 oz (1 qt 1/4 cups) whole-wheat flour. Continue with steps 3-12.</p> <p>E. Wheat Bread With Honey</p> <p>50 servings: Follow step 1. In step 2, use 1 lb 10 oz (1 qt 1 3/4 cups) all-purpose flour and 9 oz (2 1/4 cups) whole-wheat flour. Omit sugar. In step 3, mix 3 3/4 oz (1/3 cup) honey with water. Continue with steps 4-12.</p> <p>100 servings: Follow step 1. In step 2, use 3 lb 4 oz (2 qt 3 1/2 cups) all-purpose flour and 1 lb 2 oz (1 qt 1/4 cup) whole-wheat flour. Omit sugar. In step 3, mix 7 1/2 oz (2/3 cup) honey with water. Continue with steps 4-12.</p>	



# Oatmeal Muffin Squares

Grains/Breads

Grains/Breads

B-20

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled Oats	8 oz	2 1/4 cups	1 lb	1 qt 1/2 cup	1. Place oats in a stainless steel bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
Hot water		3 1/2 cups		1 qt 3 cups	
All-purpose flour	1 lb 3 oz	3 1/2 cups	2 lb 6 oz	1 qt 3 cups	2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
Baking soda		1 1/4 tsp		2 1/2 tsp	
Ground cinnamon		1 1/4 tsp		2 1/2 tsp	
Ground nutmeg		1 1/4 tsp		2 1/2 tsp	
Salt		1 1/4 tsp		2 1/2 tsp	
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups	3. In a mixing bowl, using a paddle attachment, beat the margarine and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes.
Brown sugar	1 lb 2 oz	2 1/4 cups	2 lb 4 oz	1 qt 1/2 cup	
Sugar	1 lb 2 oz	2 1/4 cups	2 lb 4 oz	1 qt 1/2 cup	
Vanilla		2 1/2 tsp		1 Tbsp 2 tsp	
Frozen egg whites, thawed OR	9 oz	1 1/8 cups	1 lb 2 oz	2 1/4 cups	
Fresh large egg whites		7 each		14 each	4. Add the oat mixture and blend. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
Lowfat plain yogurt	2 oz	1/4 cup	4 oz	1/2 cup	
Canned applesauce	2 oz	1/4 cup	4 oz	1/2 cup	5. Combine topping ingredients (rolled oats, all-purpose flour, brown sugar, and margarine or butter) and mix until crumbs are pea-sized.
Rolled oats	3 oz	1 cup	6 oz	2 cups	
All-purpose flour	1 oz	1/4 cup	2 oz	1/2 cup	
Brown sugar	2 oz	1/4 cup	4 oz	1/2 cup	6. Pour 3 qt (7 lb 7 oz) of batter into each lightly greased 12" x20" x2 1/2" steam table pan and spread evenly. Sprinkle 1 3/4 cups of topping over each pan.
					7. To Bake: Conventional Oven: 325 degrees F, 45 minutes Convection Oven: 325 degrees F, 35 minutes Bake until golden brown and muffin pulls away from sides of pan.
Margarine or butter	2 oz	1/4 cup	4 oz	1/2 cup	8. Cut each pan 10 x5.

# Oatmeal Muffin Squares

SERVING:	YIELD:	VOLUME:
1 piece provides 1 servings of grains/breads	<b>50 Servings:</b> 7 lb 1 oz	<b>50 Servings:</b> 3 qt 1/2 cup
	<b>100 Servings:</b> 14 lb 2 oz	<b>100 Servings:</b> 1 gal 2 qt 1 cup

Variation:  
A. Peach Muffin Squares

In step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 1 3/4 cups of topping over fruit. Bake as directed.

B. Blueberry Muffin Squares

In step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 1 3/4 cups of topping over fruit. Bake as directed.

Nutrients Per Serving					
<b>Calories</b>	185	<b>Saturated Fat</b>	.9g	<b>Iron</b>	1.0mg
<b>Protein</b>	3g	<b>Cholesterol</b>	0mg	<b>Calcium</b>	20mg
<b>Carbohydrate</b>	34g	<b>Vitamin A</b>	46 RE/ 157 IU	<b>Sodium</b>	147mg
<b>Total Fat</b>	4.2g	<b>Vitamin C</b>	0mg	<b>Dietary Fiber</b>	1g
<b>Thiamin</b>		<b>Riboflavin</b>		<b>Niacin</b>	
<b>Phosphorus</b>		<b>Potassium</b>			

# Orange Rice Pilaf

Grains/Breads

Grains/Breads

B-21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR	8 oz	1 2/3 cups	1 lb	3 1/3 cups	1. Place onions, water, orange juice, seasonings, and bay leaves in a stockpot. Boil for 5 minutes or until onions are tender. Remove bay leaves.
Dried onions, minced	2 oz	3/8 cup	4 oz	3/4 cup	
Water		2 qt		1 gal	
Orange juice		2 qt		1 gal	
Salt		2 tsp		1 Tbsp 1 tsp	
White pepper		1 tsp		2 tsp	
Bay leaves		4 each		8 each	
White rice	3 lb 4 oz	1 qt 3 cups	6 lb 8 oz	3 qt 2 cups	2. Weigh out 3 lb 4 oz of rice into each 12" x 20" x 2 1/2" steam table pan. Add 1 gal 1 cup of liquid per pan. Cover with foil or metal lid.
					3. To Bake: Conventional Oven: 350 degrees F, 45 minutes Convection Oven: 350 degrees F, 30 minutes Compartment steamer: 30 minutes
					4. CCP Hold for hot service at 140 degrees F or higher.

Comments:

\*See Marketing Guide.

## Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Onions	10 oz	1 lb 3 oz

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 1 serving of grains/breads	<b>50 Servings:</b> 11 lb 2 oz <b>100 Servings:</b> 22 lb 4 oz	<b>50 Servings:</b> <b>100 Servings:</b>

Special Tips:

One-half cup (2 oz ) of toasted almonds may be added to each pan of pilaf, after cooking, for color and taste. To toast almonds, spread almonds on a half-sheet pan (18" x13" x1"). Bake in a conventional oven at 350 degrees F for 15 minutes, until lightly browned.

# Orange Rice Pilaf

Nutrients Per Serving					
Calories	127	Saturated Fat	0g	Iron	1.3mg
Protein	2g	Cholesterol	0mg	Calcium	14mg
Carbohydrate	28g	Vitamin A	3 RE/31 IU	Sodium	96mg
Total Fat	.2g	Vitamin C	15mg	Dietary Fiber	1g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

# Brown Rice Pilaf

Grains/Breads

Grains/Breads

B-22

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice	1 lb 7 oz	3 1/4 cups	2 lb 14 oz	1 qt 2 1/2 cups	1. Place 1 lb 7 oz of brown rice and 1 lb 7 oz of white rice in each 12" x20 x2 1/2 " steam table pan.
White rice	1 lb 7 oz	3 1/4 cups	2 lb 14 oz	1 qt 2 1/2 cups	
Low-sodium chicken stock, non-MSG		3 qt 1 cup		1 gal 2 qt 2 cups	2. Heat the chicken stock, white pepper, and onions in a pot. Bring to a boil.
White pepper		1/2 tsp		1 tsp	
*Onions, 1/4" diced OR	4 oz	3/4 cup	8 oz	1 1/2 cups	
#Dried onions, diced	1 oz	3/8 cup	2 oz	3/4 cup	
					3. Add 3 its 1 cup of hot chicken stock to each pan of rice and cover with lid or foil.
					4. To Bake: Conventional Oven: 350 degrees F, 50 minutes Convection Oven: 350 degrees F, 40 minutes Compartment steamer: 40 minutes
					CCP Heat to 165 degrees F or higher for at least 15 seconds.
					5. CCP Hold for hot service at 140 degrees F or higher.

Comments:

\*See Marketing Guide.

#Rehydrate onions in a equal amount of water. Do not drain.

## Marketing Guide

Food as Purchased

For 50 Svg

For 100 Svg

Onions

5 oz

10 oz

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 1 serving of grains/breads	<b>50 Servings:</b> 9 lb 6 oz	<b>50 Servings:</b>
	<b>100 Servings:</b> 18 lb 12 oz	<b>100 Servings:</b>

# Brown Rice Pilaf

Grains/Breads

Grains/Breads

B-22

Nutrients Per Serving					
Calories	107	Saturated Fat	.2g	Iron	.9mg
Protein	3g	Cholesterol	0mg	Calcium	10mg
Carbohydrate	21g	Vitamin A	0 RE/0 IU	Sodium	20mg
Total Fat	.8g	Vitamin C	0mg	Dietary Fiber	1g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

# Rice-Vegetable Casserole

Vegetable-Grains/Breads

Grains/Breads

B-23

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
White rice	2 lb 3 oz	1 qt 3/4 cup	4 lb 6 oz	2 qt 1 1/2 cups	1. Put 2 lb 3 oz of rice and 2 qt 2 cups of chicken stock in a 12" x20" x2 1/2" steam table pan. Cover with foil or a metal lid. Steam for 20 minutes.
Chicken stock		2 qt 2 cups		1 gal 1 qt	
Vegetable oil		1/4 cup		1/2 cup	2. In a sauce pan, sauté carrots, spinach, and peas in oil over low heat until spinach is wilted, about 5 minutes.
*Fresh carrots, diced	1 lb 2 oz	1 qt	2 lb 4 oz	2 qt	
*Fresh spinach, chopped	8 oz	1 qt 2 cups	1 lb	3 qt	3. Add 1 qt 1 cup (1 lb 14 oz) of cooked vegetables to each pan of hot rice. Stir to thoroughly combine.
Frozen peas	10 oz	2 cups	1 lb 4 oz	1 qt	
Salt		2 tsp		1 Tbsp 1 tsp	3. Add 1 qt 1 cup (1 lb 14 oz) of cooked vegetables to each pan of hot rice. Stir to thoroughly combine.
Pepper		1/2 tsp		1 tsp	
					CCP Heat to 165 degrees F or higher for at least 15 seconds.
					4. CCP Hold for hot service at 140 degrees F or higher.
					5. Each pan serves 50.

Comments:

\*See Marketing Guide.

## Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Carrots	1 lb 10 oz	3 lb 4 oz
Spinach	9 oz	1 lb 2 oz

SERVING:	YIELD:	VOLUME:
3/8 cup (No. 10 scoop) provides 1/8 cup of vegetable and 3/8 cup of grains/breads	<b>50 Servings:</b> 9 lb 6 oz <b>100 Servings:</b> 18 lb 12 oz	<b>50 Servings:</b> 1 gal 1 qt 2 1/2 cups <b>100 Servings:</b> 2 gal 3 qt 1 cup

# Rice-Vegetable Casserole

Nutrients Per Serving					
Calories	96	Saturated Fat	.3g	Iron	1.1mg
Protein	2g	Cholesterol	0mg	Calcium	17mg
Carbohydrate	18g	Vitamin A	277 RE/2757 IU	Sodium	404mg
Total Fat	1.5g	Vitamin C	3mg	Dietary Fiber	1g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			